



UCOOK

Pork Meatballs & Cauli Stir-fry

with julienne carrot, fresh coriander & a sweet soy sauce

Juicy pork meatballs are cooked to perfection and tossed in charred cauliflower, onion, cabbage, carrot matchsticks, and a moreish sweet-soy sauce. Finished off with fresh coriander, toasted cashews & sliced chilli, this dish is packed with flavour & crunch. Let's cause a stir, Chef!

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 2 People

Chef: Thea Richter

 Carb Conscious

 Sijnn Wines | Sijnn White Blend

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

300g	Pork Mince
1	Onion <i>peeled & ¼ finely diced & ½ roughly sliced</i>
40ml	NOMU Oriental Rub
20g	Cashew Nuts <i>roughly chopped</i>
200g	Cauliflower Florets <i>cut into bite-sized pieces</i>
200g	Cabbage <i>thinly sliced</i>
150g	Julienne Carrots
1	Fresh Chilli <i>trimmed, de-seeded & finely sliced</i>
80ml	Sweet Soy <i>(10ml Sesame Oil, 60ml Low Sodium Soy Sauce & 10ml Honey)</i>
8g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

1. ROLLIN', ROLLIN', ROLLIN' In a bowl, combine the mince, the diced onion (to taste), ½ the NOMU rub, and seasoning. Wet your hands slightly and shape the mince mixture into 4-5 meatballs per portion. Set aside.

2. CASHEW! BLESS YOU Place the chopped cashews in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. I'LL FRY IF I WANT TO Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the meatballs until browned and cooked through, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. ON TO THE VEG Return the pan to a medium-high heat with a drizzle of oil. When hot, add the cauliflower pieces and fry until starting to char, 5-7 minutes (shifting occasionally). Add the sliced onion and fry until golden, 3-4 minutes (shifting occasionally).

5. SMELLS SO GOOD... When the onion is golden, add the sliced cabbage, the julienne carrot, and ½ the sliced chilli (to taste) to the pan. Fry until the cabbage has softened slightly, 2-3 minutes (shifting occasionally). In the final minute, add the remaining NOMU rub. Remove from the heat and toss through the browned meatballs, the sweet soy, and ½ the chopped coriander. Season (if necessary).

6. TUCK IN! Dish up the loaded meatball stir-fry. Sprinkle over the toasted cashews and the remaining chilli & coriander. Time to dine, Chef!

Nutritional Information

Per 100g

Energy	514kJ
Energy	123kcal
Protein	6g
Carbs	7g
of which sugars	3.7g
Fibre	1.9g
Fat	7.4g
of which saturated	2.3g
Sodium	354mg

Allergens

Gluten, Allium, Sesame, Wheat, Tree Nuts, Soy

Cook
within 1
Day